



County of Los Angeles CHIEF EXECUTIVE OFFICE

Kenneth Hahn Hall of Administration
500 West Temple Street, Room 713, Los Angeles, California 90012
(213) 974-1101
<http://ceo.lacounty.gov>

WILLIAM T FUJIOKA
Chief Executive Officer

May 25, 2010

To: All Department Heads

From: William T Fujioka
Chief Executive Officer

Lisa M. Garrett
Director of Personnel

Board of Supervisors
GLORIA MOLINA
First District

MARK RIDLEY-THOMAS
Second District

ZEV YAROSLAVSKY
Third District

DON KNABE
Fourth District

MICHAEL D. ANTONOVICH
Fifth District

NEW COUNTYWIDE WELLNESS PROGRAM

On May 18, 2010, the Board of Supervisors declared June as Wellness Month and announced the launch of the "Countywide Fitness Challenge," a five-month countywide wellness program. Attached for your information is a copy of the Board motion. Your support and involvement in this program is critical to the success of the program.

The "Countywide Fitness Challenge" utilizes the current Parks and Recreation campaign, "Play for Life!" which encourages people to get outdoors and be active at one of the 145 Los Angeles County Parks and Recreation facilities. It also has a "Biggest Loser" component beginning the week of June 7, 2010, to assist employees in setting and achieving weight and nutritional goals.

The first kick-off for the "Countywide Fitness Challenge" will take place on Tuesday, June 1, 2010, for employees located near the Civic Center:

11:00 a.m. to 2:00 p.m.
Civic Center Mall
Between the Kenneth Hahn Hall of Administration
500 West Temple Street and
Stanley Mosk Superior Courthouse
111 N. Hill Street
Los Angeles, CA 90012

"To Enrich Lives Through Effective And Caring Service"

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The second kick-off will take place on Saturday, June 26, 2010:

8:00 a.m. to 12:00 p.m.
Whittier Narrows Recreation Area
823 Lexington-Gallatin Road
South El Monte, CA 91733

The Saturday event allows employees to bring their families and enjoy the event at their leisure.

Both events will feature screenings for blood pressure, glucose, and cholesterol as well as activities such as exercise demonstrations and classes. The Whittier Narrows event will also include activities for children and a 5K fitness walk.

If you have any questions, please contact Lisa M. Garrett at (213) 974-2406 or your staff may contact Mary Gilmore at (213) 738-2192.

WTF:BC:EFS
LMG:MLH:MTK:sl

Attachment

c: Each Supervisor
Chief Deputies
Administrative Deputies
Departmental Human Resources Managers
Departmental Wellness Managers
Coalition of County Unions
SEIU Local 721